



Dahlia's Hope

Complete aftercare
for sex trafficking survivors

Survivor Needs Housing

Dining

Dish sets of 4 that include:
-- Plates, bowls, and cups
Mugs
Cutlery (knives, spoons, and
forks)
Table placemats

Kitchen

Food storage containers
Cutting board
Rubber spatula
Cooking spoon
Slotted spoon
Dish towels
Kitchen trash can
Sandwich bags
Kitchen washcloths
Large stock pot
2 quart saucepan □
10 inch frying pan
Rimmed baking sheet
Cookie sheet
Large baking/casserole dish
Oven mitts
Step stool

Laundry

Laundry basket
Laundry detergent □
Stain remover
Clothes hangers

Miscellaneous

First aid kit
Ink cartridges
-- color and black and white
3 hole punch
Power strips
Extension cords

Bathroom

Shower curtain
Bath towels
Hand towels
Tissues
Toilet paper
Body and hand soap
Shampoo and conditioner
Shower curtain liner
Shower curtain hooks

Cleaning

Dish Soap
Dishwasher detergent
Sponges
Dustpan and broom
Vacuum
A Swiffer or similar product
-- both dry and wet pads
Multi-purpose liquid cleaner
-- ex. Lysol or Mr. Clean
Paper towels
Trash bags
Toilet scrubber
Toilet bowl cleaner



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Survivor Needs

Recreational Therapy

Yoga Mats
Sound bath instruments
Therapeutic bands
Outdoor shed
Art supplies:
-- Oil, watercolor, acrylic paint & brushes
-- Canvases
-- Watercolor paper
-- Art paper
-- Construction paper
-- Color pencils
-- Crayons
-- Markers
-- Scissors
-- Tape
-- Poster boards
Roasting sticks
Nerf throwing balls
Winter jackets
Snow pants
Winter Gloves
Neck warmers
Beanies
Snowshoes

Sunglasses
Life Jackets
Paddleboards
Kayaks
Bikes
Cross country skis
Frisbee
Cones
Volleyball and net
Rubber ball and bases
Mitts and bat

Therapeutic Animal Farm

Fire extinguisher
Fly repellent
Weed killer
Treats for horses, goats, pigs, rabbits, and Chickens
Horse toys
Lumber and tool storage
Electricity
Water



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Survivor Needs Calm Boxes

Fidget items:

- Kinetic sand
- Slime
- Play-Doh
- Theraputty
- Bubble wrap or push bubble toy
- Stress balls

Massager

Heated blanket/weighted blanket

Eye mask

Pipe cleaners

- For fidgety hands and for soft touch!

Puzzles

Question cards

- handmade or store bought

Word searches

Books

Affirmation cards

- handmade or store bought

Etch A Sketch

Blank notepads

Crosswords

Mazes

Rubik's cube

Brain quest cards

Calming music

Headphones

- Noise cancelling works well

Nature sounds

Adult coloring books and colored pencils

Legos

Tissue paper for tearing

Spinning top

Balance cushion

Essential oils

Scented candles

Yoga cards

Emotion cards

Pinwheel

Chewing gum

Hard candy

Crunchy snacks

Gummy snacks

Jump rope

Bubbles

Kaleidoscope

Lava lamp

Hourglass

Snow globe

Lotion

Worry stone/rocks

Playing cards

Journal